



Chelsea Friends and Family Wellness Coalition

Meeting Agenda: October 6th, 2016 at 12:00 pm, 5 Healthy Towns Foundation Conference Room (14800 E Old US Hwy. 12, Chelsea)

1. (12:00-12:05) Introductions
2. (12:05-12:25) Update on Healthy Grocery Store Intervention-Wellness Weekends at Polly's- Courtney Stinson
3. (12:25-12:40) Review of *Camp Gabika-Year 5 (Andrew Thomson)*
 - 4th year of funding-\$8,100
 - # of participants?
 - Participants' total minutes of physical activity?
 - # of healthy snacks consumed?
 - # of healthy decision making surveys collected for campers and parents?
4. (12:40-12:55) Review of the *Ironclad Baseball Festival-Year 5 (Jon Van Hoek)*
 - 2nd year of funding-\$1,000
 - # of participants (Goal=200)
 - # of events/matches?
 - Participation/spectator feedback?

A schedule for Year 5 intervention reviews for Oct 6, Nov 3, Dec 1 is below.

Year	Intervention	Review Month 2015	Review Month 2016
4	Adaptive Movement	October	November
4	Healthy Selfies	---	November
4	SRSLY	December	December
5	Farmers Market	November	December
5	Camp Gabika	November	October
5	Run for the Rolls	November	November
5	Heart and Sole	November	August
5	Ironclad Baseball Festival	December	October
5	Indoor Walking Trails	--	Fall 2017?
5	Bark Park	---	?
5	Bike Racks	---	Fall 2017

Please let Ashley (ashley@5healthytowns.org) know if you need to switch your review month

5. (12:55-1:05) Continue developing a list of interventions for Year 6. Are there areas or specific interventions we want to put out a request for? Suggestions from last meeting include: eat better, Smoking prevention/cessation, mental health. Proposal deadline for new or continuing interventions is December 2nd. Suggestions for new interventions?

Intervention Name	Request to be considered for the Year 6 Plan	Budget
SRSLY	Yes	?
Run for the Rolls	Yes	?



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Heart and Sole	Yes	?
Farmers Market	Yes	?
Camp Gabika	?	?
Adaptive Movement	?	?
Ironclad Baseball Festival	?	?

Potential new intervention ideas for the Year 6 plan:

- Healthy Art Activity-target youth or seniors
- Youth Healthy Eating Coordinator-person to connect already existing 5H youth nutrition programming. Possible collaborators include the farmers market, Chelsea Community Kitchen, Intergenerational Garden, and Camp Gabika
- Walking Program Marketing
- Sponsorship for the Huron Waterloo Pathways

6. (1:05-1:10) Recruiting for this year's Plan Team. We are also looking to recruit 3-6 members.

Anyone who is not submitting a proposal for the Year 6 Plan is welcome to be a part of the team. The Plan Team is responsible for reviewing proposals and recommending interventions to be incorporated into the upcoming comprehensive wellness plan. This will be a 3-4 meeting commitment.

7. (1:10-1:20) Other items/Announcements

A look ahead to September 2016 – April 2017 meetings

- **November 3 – Evaluation of some interventions**
- **December 1 – Review list of interventions for Year 6 Plan, evaluation of some interventions**
- **January 5 – Hear presentations from proposed Year 6 interventions**
- **February 2 - Hear presentations from proposed Year 6 interventions, Lori Kintz comes to discuss needs for the narrative part of the Year 5 plan (pictures, testimonials, etc.)**
- **March 2– review the draft plan, report from the Plan Team about the budget for the Year 6 Plan**
- **April 6– final touches of Year 6 which would be submitted next day**

REMINDERS:

- **The next meeting will be November 3rd at 12:00pm in the 5HF Conference Room**
- **Upcoming Grant Submittal Deadlines: October 7th and December 2nd**